

## Causes Of Bad Breath

This page was written for a health newsletter and then published on their site as well. This newsletter/web page tied their best ever previous response which was a newsletter about the health of a very famous celebrity who was in the news.

### What Are The Real Causes Of Bad Breath?

Let's face it having bad breath is really embarrassing but it can be controlled or even eliminated when you know the real causes of bad breath.

Everyone attempts to sell you some pill or potion that will cure your bad breath and none of them work for very long because they don't go after the real root causes of bad breath they just attempt to cover it up.

Simply covering up your bad breath won't work you have to get at it from the inside where it's coming from. Let's say that your trashcan in the kitchen is stinking up the place pretty bad. You can get out the room deodorizer and spray but then an hour later it just smells again. What you really have to do is take out the trash and then clean the trash can. You can't just cover it up over and over and think that the problem is gone, that's just not how it works.

Most of the time you don't really care about the causes of bad breath you just want it to go away so you don't feel embarrassed anymore about speaking with people face to face or getting close to someone you like or love. It's perfectly understandable to just want it to go away. But the best way to make that happen is to understand the causes of bad breath and attack them from the root so that they really do go away.

\*One cause is that your diet is causing the food to move through you too slowly. This may sound a little gross and you may not want to talk about it with others and that's ok, but this is the internet and nobody you know has a clue you're reading this.

So, if your foods are moving through you too slowly then basically they are decomposing into waste (like your poop) and sitting inside of you for too long a period and this is causing your system to be toxic. The side effect of this toxic system is bad breath.

\*Another of the causes of bad breath is bio fermentation. No, there won't be a quiz on this later and yes it's kind of a techie word. But what it means is that your food combinations are causing fermentation in your gut. This usually occurs when you eat either oily foods that are hard to digest and cause many people heartburn or when you have sugar and protein too close together. The sugar makes it difficult for your body to break down the protein properly and so it

ferments it instead. Fermentation is how we make beer, sauerkraut and many other fermented foods. The problem is it's not so good when it happens to protein inside your guts.

\*One more of the main causes of bad breath are that you may have a bad tooth. Before you say "no way, not me" let me explain. You can have a bad tooth many times and not even know it. Many people one day innocently bite into something and a tooth breaks apart that was rotting from the inside and they don't even know it. This rotting tooth of course would be one of your causes of bad breath and you wouldn't even know about it.

These are some of the things you can look at to see if they are any of your causes of bad breath or not. But either way look for the answer and stop just covering it up.